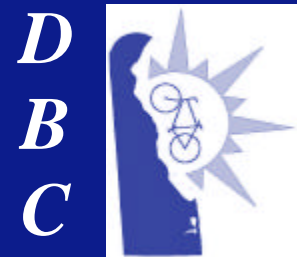


Volume 4,  
Issue 1  
April 2000

# Delaware Bicycle Council News



*A Cooperative Effort of the Delaware Bicycle Council and the Delaware Department of Transportation.*

## Cycling in the New Millennium: So, You'd Like to Ride a Bike?

**Bicycle Transportation Highlights.** By Elizabeth Holloway, DelDOT Bicycle and Pedestrian Coordinator

### Special points of interest:

- New cycling facilities unveiled statewide for 2000. Page 1-3.
- May 2000 is Bike Month, Get yourself and your bike ready for fun in the sun. Check out the events calendar. Page 6.
- Delaware receives new versions of the Bicycle maps. Page 4.
- Delaware unveils "Bicycling Advocate Award Program". Page 5.

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As Delaware continues to become more developed, let's remember how bicycling contributes to our qual-



**Governor Thomas Carper speaks to the Cyclists at the Route One preview Ride.**

ity of life. By using the bicycle for transportation you can save money, improve your fitness, have some fun, and help keep another car off the road. You don't have to wait for a Saturday ride. Ride your bike to pick up that video or loaf of bread. The following are just a few of the great urban bike-



**Delaware's Transportation Secretary, Anne Canby, speaks at the ribbon cutting ceremony for the Greensbranch Trail in Smyrna.**

way planning initiatives happening in Delaware. For more information on how you can help plan and fund bike-ways in your community, or learn how to ride a bicycle, contact me at (302) 760-BIKE.

### Delaware's Newest Trail Opens

The Town of Smyrna held a ribbon cutting ceremony for the Greens Branch Trail on November 19. The trail is 9000 feet long and was

*(Continued on page 2)*



## Park -N- Ride, May is National Bike Month 2000, by Bill Boyd

The month of May usually has many days which are warm and pleasant; these are the kind of days when it's a real joy to feel the breeze as you propel yourself along the road or along a path. That's probably why the League of American Bicyclists chose to design-

nate May as Bike Month. Delaware follows their lead by proclaiming May as Bike Month in Delaware.

This year, there will be several opportunities to experience the joys that are made possible by our favorite

*(Continued on page 3)*



## **Bicycle Transportation Highlights,** by Elizabeth Holloway

*(Continued from page 1)*

originally conceived in the 1994 Smyrna/ Clayton Bicycle Plan. Tom English and Mike Jacobs from the Town of Smyrna provided design and construction management and review throughout the process. The design of the trail was completed by JAED Engineers and Century Engineering. Construction began in the Spring of 1999 and included two composite bridges provided by the University of Delaware. The trail was funded cooperatively by the DelDOT Transportation Enhancement Program with matching funds provided by the DNREC Greenways Grant Program. The trail now links the downtown and residential areas with the High School and Little League

Complex, bringing Smyrna one step closer to being one of the most livable communities in Delaware.

### **Feasibility Study for Shutte Park Bikeway.**

The City of Dover and Landmark Engineering held a kickoff meeting for the Shutte Park Connector. The purpose of the study is to develop a feasible concept for an undercrossing of the Conrail Railroad Track that acts as a barrier between Dover communities and the City's largest recreation complex. Most adults that grew up in Dover can remember crossing the tracks to access playfields on the west side. Now that they are adults, they recognize the need to formalize the crossing and make it safer for their children to use. The

growth of residential areas in Dover and expansion of Shutte Park will increase the need in the future for young people to enjoy the independence they need to stay active. This project is a small section of the Dover Bike belt Demonstration Project of the Greenways and Trail Council. The study was funded through DelDOT's Transportation Enhancement Program with matching funds provided by the City of Dover.

### **Wilmington Initiatives Bikeway Plan**

The Wilmington Initiatives Management Committee plans to combine DelDOT's Bicycle Level of Service Study with the Wilmington Renaissance Bikeway Plan to create a network of bicycle friendly routes

in and through the City. This network will provide the framework for priorities as the City seeks funding for improvements to its transportation infrastructure. As the network is further defined within Wilmington, priority bikeway corridors feeding into the City can be better identified. If good bicycle access is well planned and preserved, the bicycle is the perfect urban vehicle for congested cities like Wilmington. Do you know how many bicycles can be parked in the same space as a car? Be sure to attend the next public workshop or community meeting at the Wilmington Initiatives site on the WILMAPCO web page at [www.wilmapco.org](http://www.wilmapco.org).

## **BMX Track Development Grants Awarded,** by John Baker, DNREC



The National Recreation and Park Assoc. (NRPA) and the American Bicycle Assoc. (ABA) have teamed up to promote BMX racing through an innovative facility development grant program. Twenty innovative facility development grants will be

awarded in the year 2000 for the construction of new BMX tracks. The awards will include assistance valued at over \$5,000 in track equipment, technical assistance and other in-kind resources to develop new ABA-BMX facilities. A city or county park and

recreation department or a municipal or county recreation committee must submit the application. The deadline for applications was Jan. 30, 2000. For more info., contact the NRPA National Office at 800-649-3042 or by e-mail at: [programs@nrpa.org](mailto:programs@nrpa.org).



## Park -N- Ride, Bike Month 2000 by Bill Boyd

*(Continued from page 1)*

machine. The opportunities range from Effective Bicycling classes, which provide instruction in better bicycling techniques, to the thrills of watching professional bicycle racing. May is also a great month to participate in one of the Club rides, with rides available for experience levels from novice to advanced.

Starting on April 13 and continuing on Thursday evenings through June 1st, Liz Holloway, our Bicycle and Pedestrian Coordinator and a certified Effective Cycling Instructor, will teach the Road I course in the Effective Cycling series in Kent County. Students in this class will receive both classroom and on-road instruction in the techniques that the most-experienced cyclists use when cycling on the road. Knowing these techniques can make your cycling more enjoyable and will enable you to fit in with the traffic on the road more smoothly. Although it is too late to enroll in this course, it may not be too late to catch the course being taught in New Castle County by our

own Don Carbaugh, Paul Stevenson, and possibly others. Contact Don at (302)-529-7929 for information or to sign up.

The Legislator's Ride to Work starts at the Del-Castle Recreation Center at 6:15 am on Wednesday, May 10. The destination of the ride is Dover, where Governor Carper will sign the official proclamation declaring May to be Bike Month. This ride has been joined in past years by state officials such as Governor Carper and Secretary of Transportation Anne Canby. There are intermediate points along the way where you can meet the ride, so you can tailor the length of the ride to your level of conditioning. More information is available on the Bicycle Council Web site. [www.deldot.net/bike/](http://www.deldot.net/bike/)

Why not combine exercise with your commute to work by bicycling to work sometime during Bike-to-Work Week (May 14 through 20)? For trips of 5 miles or so, bicycling can be a very viable alternative to getting into the motor ve-

hicle and burning the fossil fuel. Even longer commutes are possible with consistent conditioning. If you know someone who has a similar commute route, invite them to join you. Many find that it's much more fun to ride with others.



There will be two chances for the children to practice and improve their bicycling skills. On Saturday, May 13th, from 1 PM to 5 PM, there will be a bicycle rodeo at Fairfield Park in Newark. On Sunday, May 21st, Bicycle Day at Bellevue (at Bellevue State Park) will include a bicycle rodeo and afford opportunities to ride on the greenway and trails there. This event should be fun for the entire family. There is also a possibility that the new Caufiel connector road may be closed to motor vehicle traffic during this event. Watch the Bicycle Council Web site for more information.

On Saturday, May 20th, the Horseshoe Crab Ride will take place. Starting from Dover and

going to Bowers Beach and back, this ride will give you a chance to explore bicycling opportunities south of the C & D Canal. For more information, check the Bicycle Council Web site or call 302-760-2453 in Dover.

Don't forget to take advantage of the rides throughout the month that are listed on the Rides Calendar. We're inviting the public to participate in the Tuesday evening rides, the Wednesday evening rides, and the Saturday MS training rides.

Finally, what could be a more thrilling way to end Bike Month 2000 than to go to Wilmington to see professional bicycle racers competing for a \$15,000 purse? The First Union Wilmington Classic stage of a 6-stage race will be taking place on Wed. May 31. If you have access to the Internet, you can find details at: [www.firstunioncycling.com/wilim\\_class.html](http://www.firstunioncycling.com/wilim_class.html). In whatever way you like to enjoy bicycling, please take an opportunity to join us in celebrating Bike Month 2000. See the calendar on Pg.6 for information.



## “Use of Bike Helmets on Rise”, reprinted from USAA Magazine



Make sure you and your family use helmets that meet the new 1999 Federal Safety Standards set by the Consumer Product Safety Commission.

### Do you know which roads are under Construction?

DelDOT has a section of their web page that lists construction projects in each area of the state. These are located under their **Travel Advisory** page and can be useful when planning a ride to determine lane restrictions and Road Closures across the state.

[www.DelDOT.net](http://www.DelDOT.net)

Check it out!

Bicycle riders wear helmets at a much higher rate than they did almost a decade ago, according to a recently released Consumer Product Safety Commission (CPSC) survey, the first on helmet usage patterns since 1991.

CPSC attributes the increased usage to a heightened awareness of the importance of wearing a bike helmet that meets federal safety standards. State helmet laws, public education campaigns and better-fitting and better-looking helmets also have been factors.

The survey of 1,020 bicycle riders in the United States found:

- 50 percent of bike riders regularly wear a helmet, up from 18 percent in 1991.
- About 69 percent of children under

the age of 16 and 38 percent of adults regularly wear a helmet.

- 60 percent of bicyclists own a helmet, compared to 27 percent in 1991.
- Bike ridership rose 20 percent from an estimated 66.9 million riders in 1991 to 80.6 million riders today.
- Of the riders who wear a helmet all or some of the time, 98 percent cite safety reasons as their motivation. In addition, 70 percent say they wear one because a parent or spouse insists; 44 percent say they use a helmet because they are required to by law.

Each year, bicycle crashes kill about 900 people and send about 567,000 to hospital

emergency rooms, the report states. About 350,000 of those injured are children younger than 15 and, of those, 130,000 suffer head injuries.

Since February 1999, all bike helmets manufactured or imported for sale in the United States must meet a new federal safety standard set by CPSC. Helmets must carry a label stating they meet the new CPSC standard, which ensures helmets adequately protect the head and chin straps are strong enough to prevent the helmet from coming off in a crash, collision or fall.

“Use of Bike Helmets on Rise” is reprinted with permission from *USAA Magazine*, November-December c. 1999.

## Delaware to get new Bicycle Touring Maps, by David Petrosky



**BikeMap.com**

The Delaware Department of Transportation in Cooperation with the RBA group and Steve Spindler, a well known Mapmaker out of Philadelphia, have been developing a new set of maps for Cycling in

Delaware. The first of these maps covers Kent and Sussex Counties. It has been completed and is due out in the late spring of 2000. The Map for New Castle County will be revised soon after that, and should be avail-

able this fall. You can take a look at the map on the internet by logging on to Steve's website at:

[www.Bikemap.com](http://www.Bikemap.com)

to get yourself a preview and find ordering info.



## Introducing.... The Delaware Bicycle Council's, "Bicycling Advocates Award Program" by Paul A. Stevenson

The Delaware Bicycle Council's Publicity and Promotion Committee is pleased to announce a new award program beginning this year. The Bicycling Advocate Award will honor those individuals, groups, businesses or municipalities that have contributed to the improvement of bicycling in Delaware. Up to two awards will be presented each year during Bike Month. Nominations will be accepted until May 31st of this year and can be submitted by anyone. Nomination guidelines and nomination form are included in this newsletter and can be obtained through the Council's web page at

[www.deldot.net/bike/](http://www.deldot.net/bike/) or by calling 302-760-BIKE.(2453)

### NOMINATION GUIDELINES

Nominations must be submitted through the Delaware Bicycle Council's (DBC) Promotion and Publicity (P&P) Committee. An awards committee will evaluate the nominations and provide recommendations to the DBC for approval.

### ELIGIBILITY

Any person, organization, business, municipality or event that greatly contributes to the improvement of bicycling in Delaware, is eligible. Nominations can be made by anyone familiar with bicycling in Delaware. The person nominating has the option to nominate an individual, a team or large group. Individuals and team members must be identified in the nomination. Large groups will be recognized as a group.

### CRITERIA

Nominations should be for outstanding efforts that have promoted or enhanced bicycling in Delaware. Achievements must have been in place for six months so they can be properly assessed. An awards committee will evaluate the nominations and make recommendations to the Council, based on impact to Delaware bicycling through education, achievement, community impact, and/

or state-wide influence.

### AWARDS COMMITTEE

The award committee will be comprised of no less than 4 Council or committee members and the Delaware Bicycle and Pedestrian Coordinator. One of the

award committee members must be from the P&P committee.

Selections will be based on

what is submitted on the nomination form and is subject to verification. The award committee will contact those submitting any nomination that is rejected.

### SELECTIONS

Selections will be placed in one of two categories; individual achievement or corporate/municipal/group achievement. A maximum of one award will be made in each category per year. Selections not picked for an award, can be resubmitted the following year.

Selections will be

presented and voted on at the March Council meeting by those Council members present. If a Council meeting is not held that month, then a special selection meeting will be held with all Council members invited.

### AWARDS

Awards will usually be presented annually during Bike Month. Whenever possible, the presentation will take place at the end of the Legislator's Bike-To-Work ride at Legislative Hall in Dover.

### TIMETABLE

#### April 1st 2000

Nomination period opens

#### May 31st 2000

Nominations due to P&P committee

#### June 7th 2000

Approval at June Council mtg. or selection mtg.

#### Date TBA

Watch the DBC web page for more info. On the Awards ceremony

See the insert in this newsletter for the Award Program Nomination Form.





# Bike Month Events Calendar



**MAY**

This is a quick reference guide to Events and Activities that are planned for Bike Month. Please take the time to celebrate the joy of cycling with friends and family during May. There is something for everyone no matter whether you are a novice on a bike or an experienced cyclist. As gasoline prices soar and Delaware grows the need for sustainable transportation becomes a priority. Help us advocate the modal choice that is good for you, the environment and your wallet. Park that car and ride that Bike.



**2000**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2 WCBC Training Ride.</b> 3 exp. levels per night. Start @ 6:00pm Glendale Plz. int7&40 contact: Jim Paradise	<b>3 WCBC Training Ride.</b> Ashland @ 5:45pm, Every Wed. this Month. contact Pete Jongebreuer	<b>4 Effective Cycling</b> Kent County contact: Liz Holloway	<b>5</b>	<b>6 WCBC in the East Coast Greenway Wave Ride.</b> Newark to Fox Pt. Park. Contact: Jim Paradise
<b>7 WCBC Family Ride</b> Starts @ 10:00 am Approx. 15 miles Leader: Jim Paradise	<b>8</b>	<b>9 WCBC Training Ride.</b> 3 exp. levels per night. Start @ 6:00pm Glendale Plz. int7&40 contact: Jim Paradise	<b>10 Legislators Bike Ride to Dover.</b> Del-castleRecCtr@6:15am Leader: Bruce Clinton <b>WCBC Training Ride</b>	<b>11 Effective Cycling</b> Kent County contact: Liz Holloway <b>New Castle County</b> contact Don Carbaugh	<b>12</b>	<b>13 WCBC Beginners Ride</b> Leader: Jo Johnson <b>Bicycle Rodeo @</b> Fairfield Park 1-5pm
<b>14 BIKE TO WORK WEEK</b>	<b>15</b>	<b>16 WCBC Training Ride.</b> 3 exp. levels per night. Start @ 6:00pm Glendale Plz. int7&40 contact: Jim Paradise	<b>17 WCBC Training Ride.</b> Ashland @ 5:45pm, Every Wed. this Month. contact Pete Jongebreuer	<b>18 Effective Cycling</b> Kent County contact: Liz Holloway <b>New Castle County</b> contact Don Carbaugh	<b>19 Maintenance and Repair Clinic @</b> Newark Bike Line, Reg.w/Paul Stevenson <b>Bike To Work Day</b>	<b>20 First Annual Horseshoe Crab Ride</b> Leaves Dover @ 8:30 am. Ride to Bowers. Leader: Liz Holloway
<b>21 Bicycle Day @ Bellvue State Park</b> w/ Bike Rodeo, closed to autos 1:00-5:00pm contact: Bill Boyd	<b>22</b>	<b>23 WCBC Training Ride.</b> 3 exp. levels per night. Start @ 6:00pm Glendale Plz. int7&40 contact: Jim Paradise	<b>24 WCBC Training Ride.</b> Ashland @ 5:45pm, Every Wed. this Month. contact Pete Jongebreuer	<b>25 Effective Cycling</b> Kent County contact: Liz Holloway <b>New Castle County</b> contact Don Carbaugh	<b>26</b>	<b>27 WCBC Beginners Ride</b> Middletown Sq. Shopping Ctr 9:00am Leader: Bruce Pool
<b>28 New Beginners and Children's Ride @ Bellvue State Park</b> 10:00 am 2-6 miles leader Paul Stevenson	<b>29</b>	<b>30 WCBC Training Ride.</b> 3 exp. levels per night. Start @ 6:00pm Glendale Plz. int7&40 contact: Jim Paradise	<b>31 First Union Wilmington Classic Professional Race</b> www.firstunion.com <b>WCBC Training Ride</b>	<b>Contacts:</b> all (302) <b>Bill Boyd</b> - 633-8531, <b>Bruce Clinton</b> - 979-7720, <b>Don Carbaugh</b> - 529-7929, <b>Liz Holloway</b> - 760-BIKE, <b>Pete Jongebreuer</b> - 738-1299, <b>Jo Johnson</b> - 478-6104, <b>Jim Paradise</b> - 832-1652, <b>Bruce Pool</b> - 999-1211, <b>Paul Stevenson</b> - 368-2167		

## Something Cool By David Petrosky

This picture was taken in Madison Wisconsin and was one of many styles of Bike racks that could be found all over the city. Madison is an incredibly bike friendly city and there are parking facilities just about every where you look. This was by far the neatest one that I saw. This rack design is called "Spikey Guy" and is manufactured by a company in Minnesota named DERO. They have a really cool web-page filled with bike racks and parking facilities that range in style from artistic/sculptural to basic/practical designs with everything in between. Check them out at: [www.dero.com](http://www.dero.com)





## Effective Cycling Updates (TM), by Paul Stevenson

For the second year in a row, Delaware's Effective Cycling TM Instructors (ECI) presented cycling education sessions to the DART bus drivers that operate the beach shuttles in Rehoboth. The program is one part of the annual training that DART presents to both existing and new drivers.

The Effective Cycling (TM) Motorist's Education program informs the attendees of the ways cyclists and the motoring public can share the road safely and how the rules and responsibilities of traffic law effect both the motorist and the cyclist. The program has helped both the instructors and the drivers, to better understand each others concerns while traveling in the beach area.

In June, four participants graduated from an Effective Cycling (TM) Road I course, held at DuPont's Chestnut Run site, in

Wilmington. The program was attended by experienced cyclists. One said it was a good review with reinforcement of existing practices and he still learned some new things. The emergency maneuver drills were the most challenging part of the three evening course, yet was a practical exercise that anyone could be used on the road.

A modified version of



Blake Ryan executes a "quick-turn" during the Effective Cycling Instructors Course held in Bethlehem PA back in Oct. of '99'.

the Kids II and Road I programs, was presented by Paul Stevenson through the White Clay Bicycle Club. This program was intended for children that can ride a two wheeler and for adults who are new to cycling. A lesson on bicycling, including bike and helmet fit, rules of the road and proper riding technique was presented, followed by a short ride. The program started in May of 1999 on a traffic free Greenway Trail and increased each month into more involved traffic situations. The program was held through September, on the third Sunday of the month at various locations throughout New Castle County. It may be offered again this year if there is interest in the program. Contact Paul Stevenson for more information. **(302) 368-2167 or PAS35@aol.com**

### 3 Delaware Bicyclists received "Effective Cycling" Instructor Certification

Blake Ryan, Liz Holloway and Chris Law attended the League of American Bicyclists Effective Cycling TM Instructor Training in Bethlehem, Pennsylvania October 20-23 1999, and received Effective Cycling (TM) Instructor Certification, as well as certification in the Commuting and Kids Enhancement. The seminar was led by Regional Trainer Bill Hoffman, ECI # 33, and co-sponsored by the Center for Alternative Transportation at

the Bethlehem Bicycle Cooperative in Bethlehem. The Cooperative provides Effective Cycling (TM) programs for the community, maintains a cooperative workshop for members to maintain their bicycles and an indoor downtown bike parking facility. The training was funded by the Delaware Bicycle Council, Transportation Management Association of New Castle County and the Federal Highway Administration. For a complete listing of Delaware EC Instructors and

courses, check the Bicycle Council web page at [www.deldot.net/bike](http://www.deldot.net/bike).





www.deldot.net/bike

*A Cooperative Effort of the Delaware Bicycle Council and the Delaware Department of Transportation.*

Affix Label Here

"Our Mission is to Promote and Enhance Bicycling in Delaware."

**Delaware Bicycle Council**  
**P.O. Box 778**  
**Dover, DE 19903**



## Delaware Bicycle Council Membership and Staff Support

Appointed Representatives	Representing	Phone Number	E-Mail Address
<b>Don Carbaugh, Chairman</b>	New Castle County Representative	(302) 529-7929	Dcarbaugh@home.com
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<b>Bill Boyd</b>	At Large Representative	(302) 738-6779	Bill_Boyd@compuserve.com
<b>Carl Anderson</b>	At Large Representative	(302) 239-4139	Cander8862@aol.com
<b>Jim Ippolito</b>	Sussex County Representative	(302) 645-6378	Jacy@shore.internet.com
<b>Tom Hartley</b>	Kent County Representative	(302) 697-6400	Thartcycle@aol.com
<b>Paul Stevenson</b>	New Castle County Representative	(302) 368-2167	PAS35@aol.com
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<b>Jana Simpler</b>	Highway Safety	(302) 739-3295	Jsimpler@state.de.us
<b>Fred Breukelman</b>	Public Health	(302) 739-4724	Fbreukelman@state.de.us
<b>Dan Lacombe</b>	DelDOT	(302) 760-2161	Dlacombe@mail.dot.state.de.us
<b>Rocky Bushweller</b>	Transportation Council	(302) 739-3698	Rbushweller@ymcade.org
Vacant	Public Instruction		
Vacant	Greenways Council		
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